

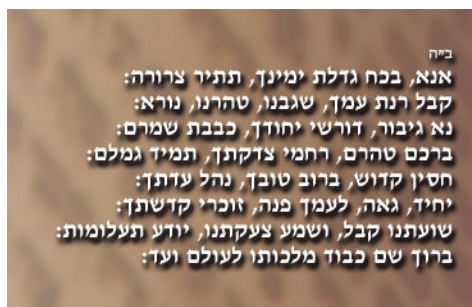
TEACHINGS OF THE ECOKOSHER REBBE

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HEALING PSALMS, HEALING PRAYERS & HEALING HERBS

42 LETTER NAME OF GOD PRAYER (Ana B'koakh)

Video of Ana B'Koakh Prayer



Please, by the power of Your greatness;
 With Your right hand, release those who are bound:
 Accept the prayer of Your people;
 Strengthen us and purify us, O Awesome One!
 Please O Mighty One, we beseech You;
 Your Unity is guarded as the pupil of Your eye:
 Bless them and purify them in Your Womb;
 Bestow Your benevolent righteousness upon them:
 Mighty One, Holy One, Great One;
 In Your goodness, lead Your community:
 Unified One, Exalted One for Your people;
 Face those who are mindful of Your holiness:
 Accept our prayer and hear us;
 We cry to You who knows hidden thoughts:
 Source of the blessed Name are You;
 Whose glorious kingdom is forever and ever.

DO HEALING PRAYERS AND PSALMS WORK?

The basic premis for the effectiveness of reciting Healing Psalms and Healing Prayers is to realize that the Universe wants you to be healthy. Because of many negative forces that cause us to become ill; environmental, psychological, genetic, dietary, or other, we become out of balance with the Universe. When we recite Psalms or Prayers for healing, we tune our minds into connection with the Divine Mind and begin the process of bringing a healing to ourselves or to others for whom we are reciting Psalms and Prayers. When we give tsedakah in connection with seeking healing, we create a Blessing Way Path, a channel for shefa (abundance) that allows

blessing to flow to us from the Divine Source of all blessings. When we have a Rebbe include our name or that of another for whom we are seeking a healing, we are enlisting help from others familiar with creating an attachment with the Divine.

We must always remember that only God has the power to bring about a healing, a Rebbe can only beseech God on behalf of the one who is ill. God always has the final say as to whether a healing will happen or not.

To put your name or the name of another person on the Rebbe's Daily Healing Prayer list, please click on the CONTACT ME link and give the FIRST NAME of the person needing healing prayers and the FIRST NAME (if known) of the persons MOTHER (we Jews say healing prayers in the merit of the mothers).

RECITING PSALMS FOR VARIOUS REMEDIES.

An individual's PERSONAL Psalm that will connect that person to his/her Spiritual Essence of the Universal Oneness is the Psalm that is one number more than the person's age, i. e. if you are 50 years old, your personal Psalm is Psalm 51.

Another PERSONAL PSALM FOR DIVINE CONNECTION is the Psalm that corresponds with the weekly Torah and Haftarah readings.

RECITE PSALM 46 WHEN NEEDING PEACE.

FOR DIVINE GUIDANCE IN AN IMPORTANT DECISION

If a person is confused as to their specific Tribal Path to God, and cannot walk according to their Ancestral Path or in the religion of their heritage, then by reciting Psalm 139, that person can tap into the ability to KNOW intuitively which path is their path.

PSALM 112 is a remedy to bring success.

When traveling, recite Psalm 91.

When you have received a miracle, recite Psalm 18.

On being rescued recite Psalm 124.

The 150 Psalms have the ability to bring a person away from anger, or evil talk.

Psalms 23, 34, 36, 62, 65, 67, 85, 104, 121, 136, 144, 145 should be recited if a person is in need of a blessing from Heaven for livelihood.

Psalms 20, 38, 85, 86, 102, 130 142 should be recited if a person needs help in troublesome times.

A person who recites the entire Psalms everyday is worthy of the "World to Come."

Reciting the entire Psalms every day is equivalent to fulfilling the entire Torah.

If a person is in need of a special blessing from God, s/he should fast one or two, or even three days, (only if health permits) and recite the entire book of Psalms with devout concentration every day, and s/he will be answered.

SAYING PSALMS FOR ONE WHO IS ILL OR FOR SELF WHEN ILL

If one is ill, one should recite verses from the acrostic Psalm, Psalms 119, using the verses in an order that spell his/her name. This can also be done when praying for someone else who is ill. It can be done in any language. Also Psalms 6, 13, 20, 22, 23, 30, 32, 38, 41, 51, 86, 88, 91 are a cure for recovery from illness.

One should donate money to charity to help divert a "harsh decree" when one is ill or when wanting a healing for one who is ill.

We must remember that, in the end, all healing is up to the Will of God. God knows where each individual is in their need to go on to the next level of their development and advancement, sometimes this can only be achieved by entering the Valley of the Shadow of Death (which is really a birth and transition into the next phase of eternal life.)

A person who has the ability to memorize the Book of Psalms in Hebrew will rectify all personal flaws, and will be guaranteed a place in the World to Come.

If a person needs atonement from his/her sins, they should recite the 150 Psalms twice as the word "Kippur", atonement in Hebrew equals "300" in kabbalah gematria.

Reciting the Psalms at midnight adds the merit of the Patriarch Jacob, and Rachael and Leah's prayers for forgiveness to yours.

Psalms 51 & 90 are a remedy for the need of repentance.

FOR RAIN recite Psalms 17, 25, 32, 86, 103, 105, 108, 120, 121, 123, 124, 130, 136 followed by a special Yehee Ratzon prayer (Tephilat HaGeshem).

ON YOUR WEDDING DAY RECITE PSALM 19

TO ASSURE A HEALTHY CHILDBIRTH

Recite Psalms 4, 5, 8, 20, 35, 57, 93, 108, 142

Upon the birth of a child recite Psalms 20, 139.

On the day of the circumcision of a boy (Brit Milah) recite Psalm 12.

On the day of the naming of a girl (Zebed HaBat) recite Psalm 9.

*****GENERAL PSALMS REMEDY, ESPECIALLY FOR DEPRESSION*****

Saying the following ten Psalms are a wonderful remedy for most problems, especially acute depression: Psalms 16, 32, 41, 42, 59, 77, 90, 105, 137, 150. (Rabbi Nachman of Breslov)

These Ten Psalms equal the Ten different songs in the Psalms, the Ten Sephirot of Kabbalah, and the Ten Commandment Categories in the Torah.

SHALOM HABAYIT (PEACE & HARMONY IN THE HOME)

For love between husband and wife take a new deep plate and write upon it all the words of Psalm 133, "A song of ascents for David, Behold how good and how pleasant it is that kin are also dwelling together. Like oil etc...." Then erase the words in 1 cup of wine or hard liquor poured in the plate.

The husband and wife should then drink the liquor and read the psalm together. The plate should be put in a place where it can be seen.

Sexual pleasure should also be engaged in as often as both parties feel the desire, as well as doing things together that both persons enjoy doing with the other partner.

FOR FINDING YOUR BASHERT (SOUL-MATE)

Recite Psalms 32, 38, 70, 71, 72, 82, 121, 124 every morning after morning prayers until you are sure that you have discovered your bashert.

Someone who is having trouble finding a mate (bashert) should read with kavannah (devotion) the Song of the Sea (Exodus 14: 30 - 15: 18) and the section about the Sacrifices given by the princes of Israel (Numbers 7). This Torah talisman was revealed by Moharan (by Rebbe Nachman of Breslov) in Sefer Hamidot, Chitun 1:6.

An amulet (talisman) can be obtained from the EcoRebbe as well by e-mailing him through the CONTACT BUTTON at the top of this page.

You can also create your own amulet by copying one of the above Psalms on a blank picture greeting card along with the Hebrew letters YOD, HEH, VAV, HEH in an top to bottom format to reflect humans as being created in the "Image" of God.

[HEALING PSALMS WEBSITE LINK \(click here\)](#)

[JEWISH HEALING NETWORK PAGE LINK \(click here\)](#)

[JEWISH HEALING THERAPIES WEBSITE \(click here\)](#)

[BAY AREA JEWISH HEALING CENTER PAGE LINK \(click here\)](#)

****HERBAL REMEDIES******** (IMPORTANT INFORMATION ABOUT HERBS!)******THE USE OF HERBS SHOULD NEVER TAKE THE PLACE OF GOING TO A QUALIFIED PHYSICIAN!**

Traditional herbal medicines may bring harm to an individual, if not used properly and in the right doses, and prescribed by true, qualified Medicine People. One must be careful that herbs and prescribed medicines are compatible, that the herbs are pure, and that you are using the proper herb for the problem. Remember, that often herbs are powerful drugs, and must be recognized as such.

TO WARD OFF BAD LUCK OR EVIL PREMONITION

Boccharia (Baccaris) is an aromatic plant believed to be hazelwort or spike-nard (Jastrow). It is a charm to nullify sorcery, the Evil Eye, or a curse, as is explained in the Midrash Tanchuma.

HERBAL AROMA THERAPY

Persimmon, balsam oil and incense gladden (strengthen) the heart (Rashi on Proverbs 27:9) Also pine oil.

DO NOT EVER USE THE CHINESE HERB *EPHEDRA (Ma Huang)*

It is often used in weight-loss remedies and has been PROVEN to cause dementia, paranoia and heart attacks. See Reader's Digest of October 2000.

Ginko Bilboa, Garlic, and Ginger are blood thinners and should not be used for two weeks prior to surgery.

St. John's Wort and Kava Kava cause the chemicals used in anesthesia to stay in the system longer, so do not use them at least 24 hours prior to surgery.

St. John's Wort appears to interfere powerfully with a common cancer drug and can reduce its punch for weeks after one has stopped taking St. John's Wort.

Kava Kava should NEVER be used by a person who uses alcohol or who has liver problems.

Black Cohash, Ginseng (Asian), and Bilberry Extract affect the eyes and vision, so do not use 24 hours prior to eye exams for new vision lenses.

Black Cohash has been proven effective for women's problems related to menopause.

HERBS TO HAVE ON HAND

Fresh Comfrey leaves, Chamomile, Red or Black Berry leaves, Cayenne Pepper, Ginger, Ginseng, Horehound, Goldenseal, Chickweed, Garlic, Peppermint, Slippery Elm, Tobacco.

Do not mix Goldenseal and Echinacea, as many do, as they are NOT compatible together and tend to cancel the benefits that would come from using either one alone.

Any Herbalist Medical book will direct you in how to use these, and other herbs correctly.

FOR A HIGH FEVER

BONESET has been used for centuries to alleviate high fevers caused by bacteria infections or viruses. It is a diaphoretic and causes one to sweat. The body heat will evaporate with the sweat and cooling will take place, and the fever will lower. The diaphoretic qualities of boneset are in the leaves only after the flower buds form. Make a tea from the dried leaves.

It has a bitter taste, so sweeten with honey. You can use Joe-Pye (Queen of the Meadow) in a similar manner.

GOLDENSEAL is used to improve appetite, as an infusion for watery eyes, as a salve to encourage formation of scabs on sores, as an insect repellent, as a cure for sore mouth, and as a treatment for liver and stomach ailments.

FOR ALLERGIES TO POLLEN

A person who has allergies to pollen should take two tablespoons of wild flower HONEY every morning.

DRINKING 5 OZ. OF POMEGRANATE JUICE DAILY LOWERS BLOOD PRESSURE AND HELPS LOWER CHOLESTROL

FOR HELP IN RECALLING DREAMS

To remember your dreams in order to obtain a dream-interpretation, access your Spirit-Guide (Angel), or to get help with healing;

Make a dream-pillow by filling a white sock or a small pillow with CHAMOMILE or LAVENDER AND MUGWORT. One can burn mugwort as incense before retiring for bed.

Drink herb teas for dreams- Kava, but do not mix with prescription drugs or any type of antidepressant such as St. John's Wort or Valerian.

Hang baskets of CHAMOMILE, LAVENDER and MUGWORT beside bed.

Buy an AUTHENTIC Native American Dream Catcher, made by Native American Indians and hang it over the bed. Dream Catchers catch bad dreams in their webs while inviting good dreams.

Make a mental note before going to sleep to remember your dreams.
Keep a pad of paper and a pencil near the bed. A tape recorder is good.
Before going to sleep, say aloud what it is you wish to learn from your dreams.
DO NOT DRINK STIMULATES (COFFEE,TEA, ALCOHOL) 1 HOUR PRIOR TO GOING TO BED, or longer.

MEDITATE FOR 10 MINUTES PRIOR TO GOING TO BED.

Do your forgiveness prayers, forgiving ANYONE and EVERYONE who you feel has hurt you, in this life or in any other.

FORGIVE YOURSELF!!! FORGIVE YOURSELF!!! FORGIVE YOURSELF!!!

*****THE BEDTIME FORGIVENESS PRAYER*****

RIBONO SHEL OLAM [The One who has brought the Universe into being],

I hereby forgive anyone who has angered or provoked me, or anyone who has sinned against me, whether with regard to my physical person, my finances, my honor, or anything that is connected to me, whether accidentally or willingly, whether intentionally or unintentionally, whether by word, or by deed, whether in this incarnation of life or in another incarnation of life, whether by a member of my Tribe or by a non-Jewish person.

May no person be brought to punishment as a result of things done to me. May it be Your Will, ADONAI, my Infinite Power, and Infinite Power of my ancestors, that I not come to transgression again.

And may You, in Your great mercy, erase that which I have transgressed against You. Please may the forgiveness not come through suffering or severe illness.

May the words of my mouth and the meditations of my heart be acceptable before You, ADONAI, my Rock and my Redeemer.

May the Eternal Infinite One bless you and protect you; May the Eternal Infinite One shine His Face upon you and be gracious to you; May the Eternal Infinite One lift up Her Face to you and grant you harmony and PEACE.
(Numbers 6: 24-26)

May the honor of the Infinite One be Eternal; May the Infinite One rejoice in His works, May She who looks upon the earth as it trembles; be He Who touches the mountains as they smoke.

I will sing to the Infinite One while I am alive, and dance a praise dance to the Force while I am still here. May my meditation be sweet unto Him. As for me, I rejoice in the Infinite One. (Psalm 104: 31-33.)

****REB ZALMAN BEDTIME FORGIVENESS PRAYER****

YOU, my ETERNAL FRIEND, WITNESS now that I forgive anyone who hurt or upset me or who offended me--damaging my body, my property, my reputation or people that I love; whether by accident or purposely; with words, deeds, thoughts or attitudes.

I forgive every person who has hurt or upset me. May no one be punished because of me. May no one suffer from karmic consequences for hurting or upsetting me.

Help me, Eternal Friend, to keep from offending You and others. Help me to be thoughtful and not commit outrage

by doing what is evil in Your eyes.

Whatever sins I have committed, blot out, please, in Your abundant kindness, and spare me suffering or harmful illnesses. Help me become aware of the ways I may have unintentionally or intentionally hurt others, and please give me guidance and strength to rectify those hurts and to develop the sensitivity to not continue acting in a hurtful way. Let me forgive others, let me forgive myself, but also let me change in ways that make it easy for me to avoid paths of hurtfulness to others.

I seek peace, let me BE peace. I seek justice, let me be just. I seek a world of kindness, let me be kind. I seek a world of generosity, let me be generous with all that I have. I seek a world of sharing, let me share all that I have. I seek a world of giving, let me be giving to all around me. I seek a world of love, let me be loving beyond all reason, beyond all normal expectation, beyond all societal frameworks that tell me how much love is "normal," beyond all fear that giving too much love will leave me with too little. And let me be open and sensitive to all the love that is already coming to me, the love of people I know, the love that is part of the human condition, the accumulated love of past generations that flows through and is embodied in the language, music, recipes, technology, literature, religions, agriculture, and family heritages that have been passed on to me and to us. Let me pass that love on to the next generations in an even fuller and more explicit way.

Source of goodness and love in the universe, let me be alive to all the goodness that surrounds me. And let that awareness of the goodness and love of the universe be my shield and protector. Hear the words of my mouth and may the meditations of my heart find acceptance before You, Eternal Friend, who protects and frees me. Amen.

BIBLICAL HERBAL REMEDIES WEBSITE (NOT Jewish). Click here

SCRIPTURE AS A SEGULLAH - AN AMULET

According to the tradition of the Turkish Sephardic community of Seattle, as found in the Mahzor Zicharon Rachel for Pesach, Shabuot, and Sukkot, "it is a SEGULLAH to say, just before the final יהיו לרצון אמרי פי והגיון לבי לפניך יהוה at the end of the Amidah, a verse from Scripture that begins with the first letter of his name and ends with the last letter of his name, or a verse that contains his name, the name one is called to the Torah by. For instance, the verse from Scripture for the name of גרשון (Gershon) is found in Psalms 49: 3 ג תהלים מט: It reads: Many Orthodox Prayerbooks list which Scriptures equate to which names.

****PRIESTLY BENEDICTION****

יברכך יהוה וישמרך
יאר יהוה פניו אליך ויחנך
ישא יהוה פניו אליך וישם לך שלום

May the Eternal Infinite One bless you and protect you; May the Eternal Infinite One shine His Face upon you and be gracious to you; May the Eternal Infinite One lift up Her Face to you and grant you harmony and PEACE. (Numbers 6: 24-26)

****GUARDING ANGEL BLESSING****

בשם יהוה אלהי ישראל
מימיני מיכאל
ומשמאלי גבריאל
ומלפני אוריאל
ומאחורי רפאל ועל ראשי שכינת אל

"In the name of the Lord, the God of Israel, may Michael be at my right hand; Gabriel at my left; Uriel before me; Raphael behind me; and the *Shekhinah* of God be above my head."

****ANOTHER PRAYER FOR PROTECTION****

May the honor of the Infinite One-ness be Eternal; May the Infinite One-ness rejoice in His/Her works, May She/He who looks upon the earth as it trembles; be He/She Who touches the mountains as they smoke.

I will sing to the Infinite One-ness while I am alive, and dance a praise dance to the Force while I am still here. May my meditation be sweet unto Him/Her. As for me, I rejoice in the Infinite One-ness. (Psalm 104: 31-33.)

****REMEDIES FOR DEPRESSION*******REMEDY FOR DEPRESSION***

Take one bottle of natural Root Beer. Add one scoop of quality vanilla ice cream. Repeat as often as necessary.

Rabbi Nachman of Breslov taught that the best remedy for depression is to give to charity. A Native American remedy was to smoke marijuana or drink a tea made from the dried leaves.

RITUAL WELL: Ceremonies for Jewish Living Link (click here)

HEALING PRAYERS

El rahum ve'khanum.
Dio piadazo i graziozu,
Grande de folores,
Para munchas azez bueno,
Te apiades di todo el puevlo,
I todú el bueno azez al mundo.

God, merciful and compassionate.
God, merciful and compassionate,
Great is Your anger,
But for many You do good,
You take pity on all the people,
And You do good for all the world.

Rogu ki agas bueno,
Ki milizines a _____ ['a tal i tal]
Lishuatekha kiviti Adonai,
A tu salvation espero Adonai.
Kiviti Adonai lushatekha,
Adonai lishuatekha kiviti.

I implore You to do good,
To cure _____ ['so-andso]
For Your salvation I hope, O LORD,
For Your salvation I hope, O LORD.
I hope, LORD, for Your salvation.
LORD, for Your salvation I hope.

A REB ZALMAN HEALING PRAYER FOR SURGERY

Please dear God, heal (name of person); may he/she have the energy, strength, fortitude, faith and good humor to receive the medical ministrations in the most healing way. And may our prayers open the gates allowing the divine light to shine more brightly upon him/her as he/she undergoes surgery and the great challenge he/she is confronting.

May Your design give all of us the gift of this great, wise and loving person for a long time to come.

May his/her family receive our prayers and strength and good humor to stay well and healthy and strong for themselves and for this sick person.

May our friend's whole family and community's be blessed with a sense of peace and confidence and surrender, so that their/our energies can focus on the support that our friend will need in the months ahead.

My his/her trial be a blessing for us all to sanctify and revere life, in all forms, and open our hearts and our consciousness a bit more as we proceed on our Holy journeys through life.

****A PRAYER FOR THE HEALING OF OTHERS****

O God, who blessed our ancestors, Abraham and Sarah, Isaac and Rebekah, Jacob and Leah and Rachel; send Your blessing to (____). Have mercy on him/her, and graciously restore his/her health and strength. Grant him/her a refuah shelayma, a complete recovery, a healing of body and a healing of spirit, along with all others who are stricken. May healing come speedily, and let us say: Ameyn.

A PRAYER FOR HEALING FOR SELF

O God, who blessed my ancestors, Abraham and Sarah and Hagar, Isaac and Rebekah, Jacob and Leah and Rachel; send Your blessing to (your Hebrew name - child of - your mothers first name. If no Hebrew name, use your birth name). Have mercy on me, and graciously restore my health and strength. Grant me a refuah shelayma, a complete recovery, a healing of body and a healing of spirit, along with all others who are stricken. May healing come speedily: Ameyn.

IT IS VERY IMPORTANT to make a donation to a charitable cause (to a homeless person, for instance) to create a Blessing Way Path (SHEFA) possibly diverting a harsh decree (death).

A MISHEBEIRACH FOR HEALING

Mi shebeirach avoteinu veimoteinu, Sara, Rivka, Leia, ve-Racheil; Avraham, Yitschak, ve-Yaakov; hu yevareich virapei et (NAME OF SICK PERSON) ve'et kol hacholim betocheinu ve'et kol hasovlim AIDS o sarten o machala mesukenet. Yitein Adonai bina lamrap'im, omets ve'emunah lacholim, ahava ve'chozek lanu ul'chol ahuveihem.

May the One who blessed our ancestors, Sarah, Rebecca, Leah and Rachel; Abraham, Isaac, and Jacob, bless and heal (NAME OF SICK PERSON) along with all the ill among us and all who are touched by AIDS, cancer, and all life threatening illnesses. Grant insight to those who bring healing, courage and faith to those who are sick, love and strength to us and to all who love them.

Adonai Eloheinu, sim ruchacha al kol hacholim ve'nachmeim. Yakiru ve'nakir zeman refua sheleima, refuat hanefesh ur'fuat haguf, bimheira bekarov, ve'imru AMEIN!

Infinite Eternal, Source of Healing Power, place Your Spirit upon all who are ill and comfort them. May they and we know a time of complete healing, a healing of the physical and a healing of the spiritual, speedily and soon, and let us say: AMEN!

ELOHEI OZ (words: Portugal, circa 1484)

In the translation of Elohei Oz, the author (El-Yaqim, literally, "God will raise up") describes his own near fatal condition and his prayer to be cleansed of his sins and restored to complete health. El-Yaqim, lived in Portugal during the Spanish Inquisition (1484) Based on a translation by Avraham Sutton.

God of my strength, my praise, heal me and I shall be healed.

Grant healing for my illness, that I not die and be gathered in.

To You I offer thanks while I am yet alive among my friends and my family too.

And I will increase the praise with my meditations, and with pleasant voice and beautiful words.

Bring me Your salvation and stand me on my feet.

O when will I return once more to my place? I look forward only to Your goodness!

Listen, for great is the pain in my heart. It burns like a fire within me.

There is no breath left in me. My strength is greatly weakened.

May Your lovingkindness flow down upon me to support me in all my paths.

And I will praise You all my days as well as my dark nights with the sweet prayers of my lips.

Erase my errors as a cloud which is dispersed, and protect me under the shadow of the wings of Shaddai.

That I may see and contemplate the shining source of sapphire and jade.

HEALING MEDITATION of Rabbi Neil Brill

ADONAI, ADONAI, God, Compassionate and Gracious, Slow to anger, and Abundant in Kindness and Truth, Preserver of kindness for thousands of generations, Forgiver of iniquity, willful sin, and error, and Who cleanses. Who is like You, Merciful Father/Mother, Who recalls His creatures mercifully for life. In Your hand is the strength and power to make great, strengthen and cure the human being up to the time when turned to dust, up to the time when this life is crushed. May it be Your will, O faithful God, Mother/Father of mercy, Who heals all the diseases of Your people to send Your blessings and complete healing to (Hebrew name of ill person and name of mother) and to all others in need of healing. Please send that healing speedily. Ameyn.

****A KABBALAH HEALING MEDITATION****

First, go deep inside yourself. Look into your mind. Your intellect is where your "Spark of God Being" resides.

Imagine a white light that is growing in intensity.

When you see the White Light, realize it is WHO you really are at your deepest self-place.

Realize that it is YOU as pure love and God energy at your innermost core, YOU are a PURE soul.

You are LIGHT and GOODNESS.

Now, BREATH DEEPLY, in and out; let your breaths be strong, breathing in fully and then out fully.

Imagine a peaceful place, a meadow or garden; a safe place, a Temple Garden.

Imagine yourself in that place.

Know that nothing can hurt you here.

Be alone with YOU as a special person.

Realize that it is alright to be alone with oneself.

See yourself as being loved!

Realize that you cannot love others if first you don't love yourself.

This is a method of self awareness and self-healing.

Imagine a favorite picture of a Holy person.

Imagine your face where his/her face is in the picture.

Continue breathing in and out regularly.

This place of the face is to be seen as the Hebrew letter YOD.

YOD is the first letter in the four letter sacred Name of God; Yod, Heh, Vav, Heh.

Now, imagine your upper body where her/his upper body is.

Imagine a line drawn from the left shoulder and down the right arm to the fingers. Imagine that the left arm also has a line drawn from near, but not quite touching the top line. Follow this line down to the tips of the left hand's fingers. This is HEH in Hebrew.

Continue breathing in and out regularly, deeply, and completely.

Imagine your torso where the torso of the picture is.

Imagine a line from the base of the skull to the tailbone.

This is the VAV in Hebrew.

Imagine your pelvis and legs as the legs and pelvis of the person in the picture.

Imagine a line across your hips from left to right and down your right leg to the toes of your right foot.

Imagine another line down the left leg form near the top line at the hips, but not quite touching, on down to the toes. This is HEH in Hebrew.

Y
H
V
H

YeHoVaH.

BREATH out the YEH; breath in the HO; breath in the VAH! Do it again and again.

This is YOU created in the DIVINE IMAGE!

YOD...HEH....VAV...HEH

Yod is YOUR head, HEH is YOUR arms and shoulders, VAV is YOUR torso, HEH is YOUR pelvis and legs.

YOU are a DIVINE being created in the Image of the Divine.

As this DIVINE being, you belong in a safe space.

You can go there anytime you choose.

You need not fear anything.

FEAR is why you need the INNER GARDEN

Build a wall of "stones" around the garden if you need to, to protect you from fear. See the "stones" as Angels with protecting swords.

We are all God.

All is God.

God is ALL there is.

There is no place or thing devoid of God.

****INNER PAIN MEDITATIONS****

AS WITH ALL CASES OF SEVERE PAIN, CONSULT A PHYSICIAN FOR THE POSSIBLE PHYSICAL REASONS FOR HAVING THE PAIN.

First you light a candle and set it in front of you on the floor. You sit on a pillow and look at the candle. You put on your Tallit saying the barokha; "Source of Blessing are You, Infinite One, Force of Creative Powers, Director of all Creation, that has sanctified us with Your asking us to commit to enwrapping ourselves in the fringed garment."

Now you focus your mind on where your pain is and bring up a mental picture of the pain as a color.

Once you have a color focused in your mind, you begin to chant "El na Refuah nah" over and over and over for about ten minutes, later as you get into it, for twenty minutes.

Either have a friend beat a drum object in a steady beat or do it yourself.

Now, comes the hard part.

Focus on the Hebrew letter YOD while chanting the chant "El na Refuah nah" to a different chant melody from the chant melody you began with, keeping the beat of the drum.

After a few minutes of this chant melody and focus, focus on the letter HEH, changing the chant melody again.

After a few minutes chanting "El na Refuah nah" to the new chant melody, focus on VAV, changing the chant melody again and chant for a few more minutes.

Finally, do the same with the final HEH.

You will find that if you do this your pain will lessen considerable if not all together.

Give tzedakah!

A PRAYER-AMULET FOR WHEN TRAVELING

The following Hebrew Prayer is for a person to cut out and put in the car to protect him or her while he or she is making long drives or just driving around town.

The amulet is only paper and ink, it is not magic. It is the knowledge that someone cares about the Traveler and is saying prayers for that person that creates the protection. It is also the willingness of the Traveler to give tzedakah (Charitable Justice) that also creates the Shefa Path (Blessing Path) that opens the Windows of Heaven to receiving the Blessing of Protection.

Please follow through. Cut out the Amulet, put it in an envelope along with the prayer and put the envelope in the glove compartment of the car. Then, prior to setting out on the trip, give the price of a meal at a drive in or take out place to a hungry or homeless person. Do that again upon arriving at the destination you are driving to.

(Copy this amulet and take with you on your trip).

The prayer to recite every day of your trip, in the morning, is: "Elohai neshamah sh'natatah bee, t'horah hee. The soul that you have given me, she is pure (perfect)."

(אלהי נשמה שנתת בי טהורה היא)

This Travelers Amulet which is to be read prior to leaving your city of departure and everyday until you are back home reads:

"May it be Your will LORD our God and God of our fathers, to lead us in peace and direct our steps in peace. To bring us in peace, to support us in peace, and to bring us to our destination in life, joy, and peace. Deliver us from the hands of every enemy and lurking foe, from robbers and wild beasts on the journey, and from all kinds of calamities that may come to and afflict the world. Bestow blessing upon all our actions, and grant us grace, kindness and mercy in Your sight and in the sight of all who behold us. Bestow Your bountiful kindness upon us. Hear the voice of our prayer, for You hear everyone's prayer. Blessed are You, LORD, who hears prayer."



Donations are greatly appreciated